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Tuesday, November 28, 2017 www.metro.us | t: MetroPhilly | f: Me

THINGS ARE GETTING GOOD

The Eagles have all the makings of a Super Bowl contender, Glen Macnow says. 22

Is 'Floribama Shore' worth watching? 14-15

Where to volunteer and donate on Giving Tuesday. 18-19

American Royal

Prince Harry and Meghan Markle are engaged, and Metro looks at other American women who married into royal families. 12

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WELCOME TO METRO PHILLY

RACHAEL VAUGHAN CLEMMONS

It was very kind indeed of Prince Harry and Meghan Markle to wait until after the Thanksgiving holiday to announce their engagement. That's right: Prince Harry finally put a ring on it. On page 12, we have everything you need to know about the couple's engagement announcement, plus a roundup of other American women who have been #blessed to marry into royalty. Meghan is certainly in good company.

TRUMP CALLS WARREN A 'POCAHONTAS'

President Donald Trump said there was a "Pocahontas" in Congress during a meeting with Native American World War II veterans in an apparent derogatory reference to Massachusetts Democratic Sen. Elizabeth Warren. After listening to one veteran speak at length about his experience as a "Navajo code talker" during the war, Trump heaped praise on the veterans and said he would not give prepared remarks himself. "You were here long before any of us were here," Trump said. "Although we have a representative in Congress who they say was here a long time ago. They call her Pocahontas." Trump repeatedly referred to Warren as "Pocahontas," during his presidential campaign in a mocking reference to Warren's having said in the past that she had Native American ancestry.

PIPELINE SPILLS FAR MORE THAN PREDICTED

2 TransCanada Corp.'s existing Keystone pipeline has leaked substantially more oil, and more often, in the United States than indicated in risk assessments the company provided to regulators before the project began operating in 2010, according to documents reviewed by Reuters. The Canadian company is now seeking to expand the pipeline system linking Alberta's oil fields to U.S. refineries with its proposed Keystone XL project, which has U.S. President Donald Trump's backing. The company is now seeking to expand the pipeline system linking Alberta's oil fields to U.S. refineries with its proposed Keystone XL project. The existing 2,147-mile Keystone system from Hardisty, Alberta, to the Texas coast has had three significant leaks in the United States since it began operating in 2010.

GAME NIGHT

3 Sixers point guard Ben Simmons heads to the tunnel before Monday night's game against the Cleveland Cavaliers at the Wells Fargo Center.

GETTY IMAGES

TUMBLR FOUNDER DAVID KARP TO STEP DOWN

4 Tumblr founder and CEO David Karp will step down after more than 10 years at the helm of the blogging service, he said on Monday. "My decision comes after months of reflection on my personal ambitions, and at no cost to my hopefulness for Tumblr's future or the impact I know it can have," Karp said in a letter to staff. Tumblr is part of Verizon's Oath business, which houses Yahoo and AOL internet properties. Yahoo bought Tumblr for $1.1 billion in 2013. Jeff D'Onofrio, Tumblr's chief operating officer, will continue to lead Tumblr after Karp steps down by the end of the year, an Oath spokeswoman said via email. Tumblr, founded in 2007, grew rapidly to become a hub for young people to post pictures and text. The platform has almost 380 million blogs.

FACEBOOK EXPANDS HELP TO PREVENT SUICIDE

5 Facebook Inc. will expand its pattern recognition software to other countries after successful tests in the U.S. to detect users with suicidal intent, the world's largest social media network said on Monday. Facebook began testing the software in the United States in March, when the company started scanning the text of Facebook posts and comments for phrases that could be signals of an impending suicide. Facebook has not disclosed many technical details of the program, but the company said its software searches for certain phrases that could be clues, such as the questions "Are you OK?" and "Can I help?" If the software detects a potential suicide, it alerts a team of Facebook workers who specialize in handling such reports.

TONY'S METRO MAGIC 2017

Tony's METRO MAGIC

As we enter the season of giving, Metro asks that you donate to Tony's Metro Magic annual holiday toy drive to help underprivileged children in your community. You can donate by visiting metro.us/magic, clicking on the toy wish-list link of your choice, and ordering via a secure payment system. Toys will then be distributed to local children in need.

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Al Sharpton: Meek Mill symbolizes need for criminal justice reform

Civil rights leader visits Philly rapper in prison.

SAM NEWHOUSE
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Famed civil rights activist Al Sharpton visited recently re-imprisoned Philly rapper Meek Mill at the state prison in Chester on Monday.

Speaking after the visit with Meek's defense attorney, Joseph Tacopina, Sharpton said the rapper doesn't just want his own freedom but to see the system that imprisoned him changed.

"If you can do this to a successful artist like Meek Mill, you can do this to many around the country," Sharpton said. "He is representative of something far more than he started — he is a symbol of the abuses of the system that will violate you over nothing and end up ruining the potential and the ability to look forward in life."

Meek was sentenced to two to four years in prison earlier this month over three alleged violations of his probation stemming from a 2007 arrest for gun possession, a charge for which he already served eight months in prison, as well as five more months in 2014 and 90 days house arrest in 2015 for other violations.

His sentence has earned heated criticism as well as defense from those who say the judge's sudden sentence was not uncommon in probationary proceedings.

"I came because I feel that Meek represents thousands of people in Pennsylvania," Sharpton said, "and even tens of thousands around the country that have been victimized by abusive probationary and parole systems that give room for judges to act way beyond what is necessary."

Tacopina has accused the judge hearing Meek's case of holding a grudge against the rapper who rose from the streets.

They have filed motions for recusal and reconsideration of the sentence. No hearings are currently scheduled in the case.

"You're really exposing a ruthlessness in the system that should be changed, and I would appeal to her to look at this and really examine it," Sharpton said. "Does she really want to go down as the type of person who would do that? I don't think she does. I would ask her to reconsider, or at least step aside."

"I came because I feel that Meek represents thousands of people in Pennsylvania ... that have been victimized by abusive probationary and parole systems that give room for judges to act way beyond what is necessary."

Al Sharpton

Al Sharpton visited Meek Mill in prison and has spoken out about how this case represents a need for sentencing reform. GETTY IMAGES

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Dad and grandma charged after 3-year-old shoots self

Child in critical condition after shooting herself in the leg.

SAM NEWHOUSE
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A 3-year-old Southwest Philadelphia girl is reportedly in danger of possibly losing her leg after accidentally shooting herself with an unsecured firearm on Sunday.

Now the girl's father, Terrance Williams, and grandmother, Barbara McGill, 64, are both under arrest, facing charges of endangering the welfare of a child.

Police say that the girl picked up a handgun that belonged to her father inside her home on the 1300 block of South Wilton Street on Sunday morning and shot it into her own right thigh.

She was transported to Children's Hospital of Philadelphia for surgery to save her leg. Her exact condition remains unclear.

Williams' was reportedly not in the house at the time of the shooting, but had allegedly left the gun with McGill, his mother, and instructed her to place it in a secure holster. Instead, she left it in an unlocked closet before falling asleep, where the girl later found it, NBC reported.

It's the fourth shooting by a child using unsecured firearms in Philly in the last three months.

A 3-year-old shot his uncle in September while they were driving in Center City with the child's father's gun, which was stashed under the seat of the car.

A 6-year-old shot his 3-year-old brother in the forehead in October, critically injuring him and leading to child endangerment charges against the father.

And earlier in November, a 2-year-old in Olney fatally shot himself. No charges were reported in that case and the child was believed to have found the gun, previously reported stolen, in the trash.

Free gun locks are distributed no-questions-asked through numerous city agencies and institutions.

They are distributed at the Sheriff's office (100 S. Broad Street, 5th floor), Monday through Friday, 8:30 a.m. to 4:30 p.m., or call 215-686-3572. You can contact your City Council representative, or you can request one at the 26th Police District at 615 E. Girard Ave.

Terrance Williams, left, and Barbara McGill, right, are charged with endangerment after a 3-year-old girl shot herself in their house. PPD

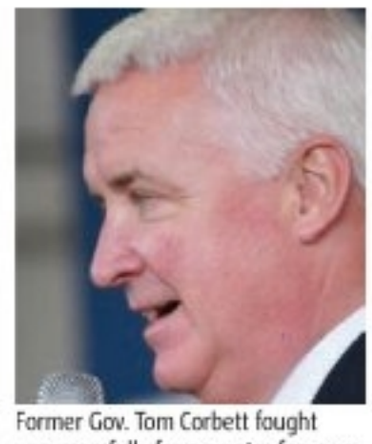
Some state retirees living large on public pensions, Inquirer finds

What pension crisis? It's not often spoken about, but Pennsylvania's impending pension obligations to public employees now totals some $70 billion, up $50 billion in the last decade and a half.

How will we come up with the money? One-term former Gov. Tom Corbett learned that the hard way, after his pursuit of pension reform made him a laughingstock during budget negotiations.

The Philadelphia Inquirer has delved into the issue, and on Monday revealed how much top pension earners get paid every year by taxpayers.

The top earner was 71-year-old former Penn State President Rodney Erickson, who gets $477,591 a year for his 42 years of service. Erickson, who earned $633,336 at the end of his tenure in 2014, also got paid out for his severance, a bonus and life insurance payouts, according to the Inquirer.



Former Gov. Tom Corbett fought unsuccessfully for a greater focus on pension reform. WIKIMEDIA COMMONS

For the 127,000 former public employees who currently receive pensions, the average pension was $27,722.

Former Penn State administrator Gary Schultz, who pleaded guilty to endangering the welfare of a child for not reporting serial child molester Jerry Sandusky to authorities, gets $330,699 a year. In fact, even Sandusky still gets his $59,000 per year pension. SAM NEWHOUSE

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Dictionary.com selects 2017 Word of the Year

Don't worry, it's not "covfefe."

LENYON WHITAKER
@MetroPhilly
letters@metro.us

Dictionary.com's word of the year has been used often in a political context this year. GETTY IMAGES

On Monday, Dictionary .com announced that the 2017 Word of the Year is "complicit," which the site defines as "choosing to be involved in an illegal or questionable act" and "having partnership or involvement in wrongdoing."

Jane Solomon, a lexicographer at Dictionary .com, told The Associated Press that searches for the word on the Dictionary .com website increased by almost 300 percent over the year.

"This year a conversation that keeps on surfacing is what exactly it means to be complicit," Solomon said to The Associated Press. "'Complicit' has sprung up in conversations about those who speak out against powerful figures in institutions, and those who stay silent."

According to the popular online dictionary, the word saw three spikes in searches this year.

The first of three spikes in searches for complicit was on March 12 when "Saturday Night Live" did a sketch featuring Scarlett Johansson as Ivanka Trump advertising a woman's fragrance called "Complicit." The second spike happened on April 5, the day after Ivanka Trump told Gayle King of CBS' "This Morning," "I don't know what it means to be complicit," when she was asked about accusations that she and her husband Jared Kushner have been complicit in her father's actions.

The third time searches for complicit spiked was on Oct. 24 when Sen. Jeff Flake announced his retirement by saying, "I will not be complicit or silent."

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Indian city going all out for Ivanka Trump visit, including rainbows and lookalikes

On Tuesday, Ivanka takes Hyderabad.

MICHAEL MARTIN
@MetroPhilly
letters@metro.us

If beleaguered Ivanka Trump needs an ego boost, she'll probably find one when she touches down in India on Tuesday.

The Southern Indian city of Hyderabad is pulling out all the stops for a visit from the first daughter and presidential adviser, who will be in town for a conference promoting female entrepreneurship. "Ivanka is everywhere in Hyderabad this week," reports Michael Safi of the Guardian, observing she's in constant TV news coverage, on billboards and even a mannequin that passers-by pose with for pictures outside of a major mosque.

The city has undergone an extensive clean-up for her visit, repaving roads, adding street lights and repainting bridges in rainbow colors.

"I am excited about one thing, she is coming, and so the government is cleaning the roads. We are happy for this reason only," a student told the Guardian as he posed for a photo between the Ivanka mannequin and one of her father, President Trump.

More controversial are local media reports that stray dogs have been rounded up to be exterminated. The assistant director of the city's veterinary department denies it. "Being a Christian and a vet I know the importance of animals," said JD Wilson. "We don't kill animals, we are just catching them for sake of their welfare." The dogs are being spayed and neutered and will be released in three or four days, he said. "It is our regular practice."

Rumors that homeless people have been removed from Ivanka's potential sight lines has drawn a familiar response: "This is fake news," said Vinoy Kumar Singh, director general of Telengana state prisons. "We started our drive against the menace of beggary three months back."

The Guardian visited a shelter where 262 homeless were taken in the last month and spoke to a man who was chill with the first daughter's visit. "I don't know who Ivanka is, but I am happy she has come to Hyderabad," he said. "I have been shifted to this ashram and get tea and food on time."

Trump will deliver a keynote speech on Tuesday and have dinner with India's prime minister, Narendra Modi at Taj Falaknuma, a palace that's been converted into a luxury hotel. She'll return to Washington amid rumors that President Trump has told her and husband Jared Kushner to return to New York to escape her bad press.

The southern Indian city of Hyderabad is pulling out all the stops for a visit from Ivanka Trump. GETTY IMAGES

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PAYDAY-LENDING CONVICTION

Pennsylvania payday-lending pioneer convicted of racketeering scheme

A Pennsylvania man considered a pioneer in the payday-lending industry was found guilty on Monday of engaging in a racketeering scheme that helped fund businesses that generated $688 million from short-term loans.

Charles Hallinan, who prosecutors said owned and operated more than a dozen payday-lending businesses, was found guilty by a federal jury in Philadelphia on all counts he faced.

Jurors convicted Hallinan, 76, along with Wheeler Neff, a 69-year-old Delaware lawyer who was likewise found guilty on charges including racketeering conspiracy, mail fraud and wire fraud, prosecutors said.

Both men are scheduled for sentencing in April and plan to appeal, said Christopher Warren, a lawyer for Neff.

"They both believed at all times they were acting in good faith and are bitterly disappointed the jury saw it differently," Warren said.

The charges were filed in 2016 during a U.S. crackdown on abusive practices by payday lenders.

Such companies say they help struggling consumers by offering small loans that borrowers agree to repay in a short time.

Critics say the loans carry high costs and can trap borrowers in an endless debt cycle. More than a dozen states prohibit payday lending. REUTERS

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Journalist Ellis Henican humorously analyzed Trump's logic. PROVIDED

New book reveals inner workings of Donald Trump's brain, for fun

"Trump's a dumb guy's version of a smart guy."

JASON NUCKOLLS
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New York-based journalist Ellis Henican has covered Donald Trump for many years, but his newest assignment proved to be among the most challenging: Get inside the president's brain to expose its (il)logic, and be funny about it. Including illustrations from artist Randy Jones, Henican's book "Trumpitude" hits shelves today and offers a unique glimpse into how the president comes to the conclusions he does.

"It's wild in there! It's like standing in the middle of a paintball war. People are shooting in all directions," Henican described the process of trying to get inside President Trump's mind.

Taking on issues like the Russia investigation and the role of the media, "Trumpitude" examines Trump's thought processes in terms of the most recent national issues.

"Issues? He doesn't care about those. Trump's a dumb guy's version of a smart guy. But for the true believers, his thick-headed adamance is enough," Henican explained. "America is a tribal land today. You'll never persuade the Trump tribe."

Henican, who writes Metro's weekly column on the president called Trump's America, also elaborated on how Trump has changed over the course of his career from would-be Hollywood producer to in-fact New York real estate mogul to unlikely politician. Studied on such a timeline, Trump's immaturity has only gotten more pronounced with age, according to the author.

"He keeps getting worse," Henican said. "Remember when everyone was wondering, 'When will he start acting presidential?' Ha! Now we have to ask: 'Is he behaving more like a fourth-grader or a third-grader?' Mark my words, he'll be in kindergarten by the midterms."

Henican's humorous take on the president is underscored throughout the book by black-and-white illustrations from Jones that capture Trump at key moments in his presidency, from weighing his opinions on Russia and China to skirting questions from the press.

"Randy's pen really is mightier than my keyboard," according to Henican. "He can do something that will leave you laughing and appalled. Both at the same time."

The book, which defines "Trumpitude" as "the constantly-swirling mix of swagger, self-delusion and straight-faced lies that comprise the very essence of America's 45th president," would find a unique place on bookshelves of the president's supporters and detractors alike.

"It's a great holiday gift for anyone who hates Trump, loves Trump or falls somewhere in between. Wait. When it comes to Trump, nobody is in between," Henican said. "'Trumpitude' is a great holiday gift for anyone who loves to laugh. These days, what else do we have?"

A "Trumpitude" illustration from artist Randy Jones RANDY JONES/"TRUMPITUDE"

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New Men's Sex Pill Makes Viagra Obsolete

Scientific advance made just for older men. Works on both men's physical ability and their desire in bed.

By Harlan S. Waxman
Health News Syndicate

New York – If you're like the rest of us guys over 50, you probably already know the truth… Prescription ED pills may work, but they don't solve all the problems in the bedroom and they are very expensive. Dr. Bassam Damaj, chief scientific officer at the world famous Innovus Pharma Laboratories, explains, "As we get older, we need more help in bed. Not only does our desire fade; but erections can be soft or feeble, one of the main complaints with prescription pills. Besides, they're expensive… costing as much as $50.00 each."

Plus, it does nothing to stimulate your brain to want sex. "I don't care what you take; if you aren't interested in sex, you can't get or keep an erection. It's physiologically impossible," said Dr. Damaj.

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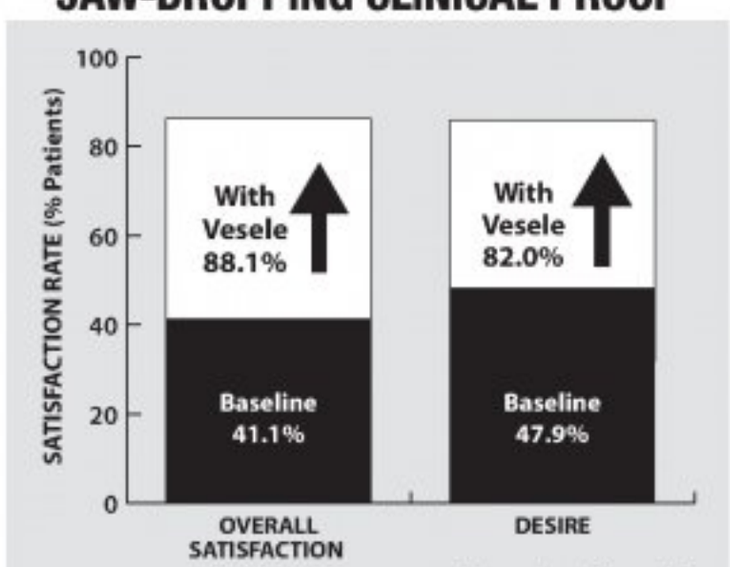

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Desire for sex	82%	47.9%
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Ability to satisfy	83.3%	44.1%

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the word

At last, Prince Harry has put a ring on it

Let us all breathe a sigh of relief: Prince Harry and Meghan Markle are engaged and set to marry in the spring.

The news was announced Monday by Clarence House, via Twitter.

"His Royal Highness the Prince of Wales is delighted to announce the engagement of Prince Harry to Ms. Meghan Markle," the statement read. "Further details about the wedding day will be announced in due course."

Every one of the royals has expressed their very polite, mild enthusiasm about said engagement, also via Twitter. Prince William and Kate Middleton, for example, are "very excited for Harry and Meghan."

As for Charles, he is simply "thrilled."

We are very stoked about this news. Harry is marrying a biracial American actress! And it will certainly make for a very good Netflix series in a couple of years.

And, may we say, politely, that it's about damn time?

6 American women who married into *royalty*

Meghan Markle isn't the first American to marry into a life of royalty. And she certainly won't be the last. Here are six other American women who married into royal families. **METRO**

Grace Kelly

The actress married Rainier III, Prince of Monaco in 1956.

Kelly Rondestvedt

The American investment banker married Prince Hubertus of Saxe-Coburg-Gotha in 2009.

Rita Hayworth

The Hollywood star married Italian born Prince Aly Khan in 1949.

Wallis Simpson

Simpson famously charmed King Edward VIII so much that he abdicated the throne to marry her in 1937.

Kendra Spears

Formally known as Princess Salwa Aga Khan, Spears married Prince Rahim Aga Khan in 2013.

Lee Radziwill

The American socialite — and Jackie O's little sister — married Polish prince Stanisław Albrecht Radziwill in 1959.

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"Floribama Shore" does GTL, Gulf Coast edition. ALL PHOTOS MTV

Is 'Floribama Shore' worth watching?

If you're a fan of "Jersey Shore," this is basically the same thing, but with Southern accents.

KATE MOONEY
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"Floribama Shore" only premiered last night but it's been drenched in drama for weeks.

MTV's new reality show portrays a gang of eight young-and-dumb-uns as they rage one summer in a beach house in Panama City, Florida. According to Page Six, the network was sent a cease-and-desist letter from the Flora-Bama Lounge, a bar which straddles the Florida-Alabama border.

Then there's the cast of MTV's "Jersey Shore," who, five years later, are not pleased about this country-fried take on their debauchery. Mike "The Situation" Sorrentino tweeted "You heard the people @MTV, just bring back the original #JerseyShore RT if you agree." All of the cast retweeted it except Ronnie, who doesn't really do Twitter.

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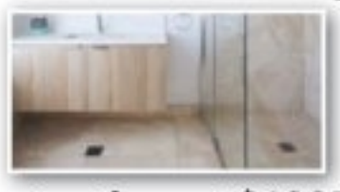
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"Jersey Shore" was fun while it lasted, but let's be real: Neither fans, nor the cast needs to relive that. What's the harm is giving a fresh crop of shameless youths the chance to call cabs, smush and GTL?

So, is "Floribama Shore" worth the watch? After seeing the pilot, my take is that it's basically the same thing except with Southern accents. Sorry, meatballs.

Maybe it's an *hommage* to "Jersey Shore," or maybe it's just that when you put the camera on eight extremely thirsty millennials, determined to get f—ed up and have sex for a summer, how much variation can you expect?

The first episode alone already featured tears, yelling matches, rebuffed advances and drunken bloopers. It's dumb fun, but it's worth it because these trash kids say the darnedest things.

There's 23-year-old Nilsa, a recently divorced Panama City local and the looker of the crew, who delivers priceless one-liners like, "These shorts are all the way up my butthole, it's like touching my heart."

Alas, meatheads Jeremiah and Gus lack the charm of "Jersey Shore"'s Vinny and Pauly D.

She wants to bone Jeremiah, a 22-year-old jacked former home-schooled kid from Amelia Island, Florida. Early on in the episode, he tells the camera, "Being a Southern boy, I have to be a gentleman and a douchebag at the same time because that's what women look for."

He mostly ignores her, smitten with a slightly older local named Kayla Jo (but c'mon, you know they'll at least make out before summer's end). Until then, he's abiding by the bro code: Nilsa already broke the heart of 22-year-old Gus, a Tallahassee honey who, despite his Steve Harrington locks, is "a total dud," as Nilsa tells her homegirls one night at the club.

(OK, gotta be honest, these meatheads can't hold a beer can to Pauly D's jokes, The Situation's disarming blather or Vinny's nice-guy charm.)

The Snooki of the crew is 21-year-old Kortni, another Panama City local who prides herself on being ratchet. She's never not lit and has a penchant for peeing in inappropriate places, but there's more to her, behind the beer bong...

Clips from future episodes forecast plenty of melodrama, but that's to be expected. We'll wade through it, in exchange for more winning interactions like the below:

Nilsa: "Knock, knock."
Jeremiah: "Who's there?"
Nilsa: "My vagina."
Jeremiah: "Is that like, a clever pun?"

"Floribama Shore" airs Mondays at 10 p.m. on MTV.

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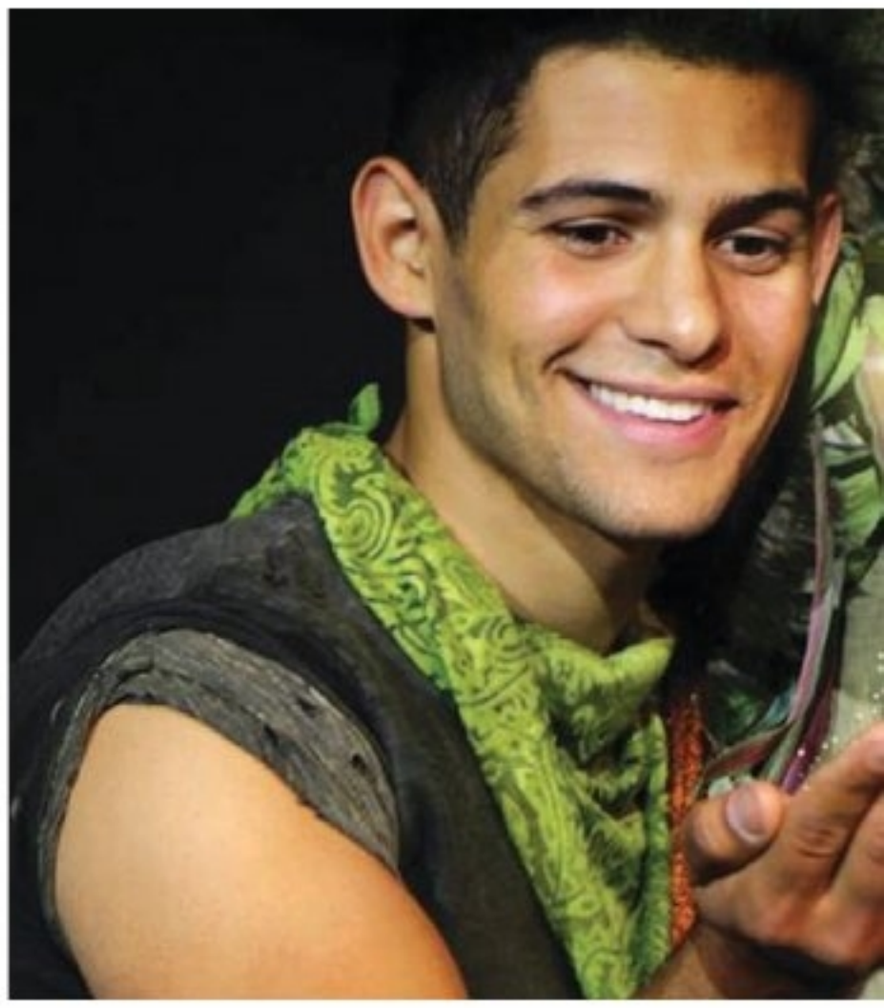
'Peter Pan' dazzles with adventurous magic at the Arden



Never growing up has never been so daring.

KYLE V. HILLER
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letters@metro.us

Arden Theatre Company celebrates the 20th anniversary season of Arden Children's Theatre with "Peter Pan." This marks Artistic Director Whit MacLaughlin's 20th production for the company's children's theater, and Neverland still has plenty of daring adventure to offer in this adaptation.

"Peter Pan" is more than just about having the gift of flight. It's more than just about never growing up. MacLaughlin discussed what makes his take on "Peter Pan" bravely endearing. "Everybody asks, are you going to fly?" he said. "Yes, we're going to fly, but not in the ways people might expect." MacLaughlin promised a daring spectacle, noting that "the flirtation with physical danger is part of this production."

The performance incorporates a "high-ropes course" which implements the use of an elaborate system of ropes, bridges, ziplines and more. It's an aerodynamic approach that heightens the story. "You get to invent a world from scratch," MacLaughlin said. Building Neverland is an adventure in itself, and adventure acting is a thing at the Arden. "It has a full-body approach."

MacLaughlin takes

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Jo Vito Ramirez as Peter and Emilie Krause as Wendy. PROVIDED

children's theater as seriously as he does any of his contemporary work. Children's theater isn't just for kids; it's also for adults who still maintain their sense of youth and whimsy. This plays well into "Peter Pan" and its subtle but deeply rooted psychology. "Hook is the older counterpart to Pan," MacLaughlin said. "They're both the young person and the old person in the same body in a battle for supremacy. You've got to grow up, and there's something elemental about the battle between youth and age." As a real-life example, MacLaughlin cites his own twin daughters, who are approaching their departure for college. "You don't want them to go, and yet they have to 'escape' their parents," he said. "It's how we're made."

The performance ignores gender roles and expectations. The cast includes Jo Vito Ramirez as Peter and Barrymore Award-winning actress Catherine Slusar as Captain Hook. MacLaughlin emphasized impressing early that both boys and girls can do whatever they want. "I really wanted to do a 'Peter Pan' where the women get to play the important roles," he added. "The kids are going to get to see actors, both male and female, that get to do the cool things in the performance."

The show opens on Saturday, Dec. 2 at 7 p.m. and runs through Sunday, Jan. 28, with previews starting Nov. 22.

For more information, visit ardentheatre.org.

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Where to volunteer on Giving Tuesday

Give back all year long.

JENNIFER LOGUE
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Today is #givingtuesday, and it's the perfect opportunity to get into the habit of doing service work in your community not just over the holiday season but throughout the year. From volunteering at soup kitchens to performing music for sick patients to tutoring kids, there are so many ways to give back in Philadelphia. Not sure where to get started? Here are a few organizations to jumpstart your journey doing volunteer work.

MANNA has volunteer shifts Monday through Friday. ALL PHOTOS PROVIDED

Manna

Manna began in 1990 as a way to provide nourishment as well as a sense of support and community to people dying of AIDS, at a time when the stigma around the disease was so great, people were ostracized by family and friends. Twenty-seven years later, Manna provides healthy meals to all people living with life-threatening illnesses in the Philadelphia region, and since it's moved to its new facility, it's expecting to serve 1.2 million meals in 2018. Volunteer shifts are available for both individuals and groups Monday through Friday. You'll need to fill out a volunteer application and attend a mandatory orientation to get started.

Mighty Writers

Being able to express yourself clearly through the written word is a must if you're hoping to achieve success in any field. Mighty Writers in Philadelphia is dedicated to helping kids ages 7 to 17 improve their writing skills. It has four locations where you can volunteer, covering all areas of the city, and the team of 400 volunteers includes teachers and writers as well as journalists. About 2,500 kids benefit from the program each year. Mighty Writers also offers workshops for kids and teens throughout the year, featuring subjects like cursive writing (because it's not offered in school anymore) as well as safe internet practices.

Mutlu performs for patients.

St. Peter's Food Cupboard

Founded in 1987, the St. Peter's Food Cupboard began when someone knocked on the doors of St. Peter's Church asking for food. Today, it serves 180 families each week with the help of more than 100 volunteers. Individuals as well as groups are invited to help manage the donations received from Philabundance, and responsibilities include unpacking, sorting and storing the food on weekday afternoons. On Saturdays, volunteers are needed to help prepare and serve the food. There's also an opportunity to assist with the Mobile Food Cupboard on Saturdays, which delivers food to two underserved communities.

Musicians On Call

This nonprofit organization is based in New York City but has a partnership with WXPN for its Philadelphia chapter. It brings live music (and recorded music) to the bedsides of sick patients at area hospitals that include: the Children's Hospital of Philadelphia, Hospital of the University of Pennsylvania, Thomas Jefferson University Hospital, Our Lady of Lourdes Medical Center, Philadelphia VA Medical Center, St. Christopher's Hospital for Children and more. Since 2004, more than 98,000 patients have benefited from the healing power of music. If you are interested in getting involved as either a musician or a guide, there is an application process.

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Where to donate on Giving Tuesday

There's never a bad time to show your support for Planned Parenthood. GETTY IMAGES

Here are seven progressive organizations that need your support.

KATE MOONEY
@yatinbrooklyn
kate.mooney@metro.us

Once you're done stuffing your face on Thanksgiving and chasing deals on Black Friday and Cyber Monday, resolve to spend Tuesday thinking about others. It's called #GivingTuesday, and it's an opportunity to contribute to a good cause. Here are seven, all tax-deductible.

Girls Write Now

This NYC-based nonprofit pairs teenage girls with professional women writers for one-on-one mentoring, group workshops, college prep and more. Its mission is to empower and give voice to young girls and help them realize their creative potential. #GiveWriteNow by visiting its website to make a donation.
girlswritenow.org

Planned Parenthood

There's never a bad time to donate to Planned Parenthood. The nonprofit does vital work in communities across the country providing women — and men — with family planning services, STD testing and prevention, cancer screenings, access to birth control, routine checkups and more services essential to sexual and reproductive health.
plannedparenthood.org

The Trevor Project

This national organization provides crisis-intervention and suicide-prevention services to LGBTQ youth. Every dollar you donate adds an extra minute to its

continued on page 20

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crisis phone, chat and text lines and helps save lives. *thetrevorproject.org*

Hurricane Harvey Relief Fund

Houston still needs your help. Make a donation to support Hurricane Harvey rebuilding efforts and help Houstonians displaced or otherwise affected by the storm get back on their feet. *ghcf.org/hurricane-relief*

United for Puerto Rico

The office of Puerto Rico's first lady, Beatriz Rosselló, created this fund to help those on the island affected by both Hurricanes Maria and Irma. You can make a contribution online through PayPal. *unidosporpuertorico.com*

ASPCA

Unfortunately, there is no shortage of stray cats and dogs in this country that need help finding forever homes. Donating to this national nonprofit will help save felines and canines, and help their human owners live happier, more fulfilling lives. *aspca.org*

Help one of these little guys find a forever home by donating to the ASPCA. INSTAGRAM/@ ASPCA

Meals on Wheels

This organization provides nutritious meals to homebound seniors in more than 5,000 communities nationwide. And it's not just the meal; it's also the visit from a caring person that improves mental wellbeing and provides a safety check in case of accidents or emergencies. *mealsonwheelsamerica.org*

The Trevor Project provides crisis intervention and suicide prevention for LGBTQ youth. GETTY IMAGES

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Check your gut

How to know if it's just a stomachache, or an inflammatory bowel disease. ISTOCK

wellbeing

We ask a GI specialist how to tell the difference between Crohn's disease, ulcerative colitis and IBS.

KATE MOONEY
@yatinbrooklyn
kate.mooney@metro.us

For many Americans, intestinal discomfort is a routine affliction. But how do you know if you ate the wrong thing, have a case of irritable bowel syndrome or are suffering from a more serious condition, such as Crohn's disease or ulcerative colitis?

Ahead of Crohn's and Colitis Awareness Week (Dec. 1-7), we talked to Dr. David Hudesman, gastroenterologist and medical director of the Inflammatory Bowel Disease Center at NYU Langone, to learn more about each of the diseases and what to do if you're experiencing gut pain.

Inflammatory Bowel Disease (IBD)

Crohn's disease and ulcerative colitis are both chronic inflammatory bowel diseases — not to be confused with irritable bowel syndrome, known as IBS, Hudesman explains.

People who get Crohn's or colitis have a genetic predisposition; the conditions are then brought on by an environmental trigger, such as getting a stomach bug from traveling or side effects from taking antibiotics. Most people are diagnosed in their late teens to 30s, although symptoms can present at any age.

Crohn's disease vs. ulcerative colitis

With Crohn's disease, the GI tract is inflamed, causing symptoms such as diarrhea, abdominal pain, weight loss, anemia and fatigue. There are also "extra-intestinal" manifestations, such as joint pain, skin rashes and mouth sores, Hudesman explains.

With ulcerative colitis, only the colon is inflamed. The condition presents with blood in the stool, in addition to symptoms akin to Crohn's.

To test for either, a GI specialist will take blood and stool samples and perform a colonoscopy.

While the conditions are chronic, they can be managed with topical anti-inflammatories and immunosuppressive therapies.

In some cases, patients can enter what's called "clinical remission," meaning they are symptom-free, Hudesman says.

Lifestyle modifications factor in as well. Stress and anxiety can bring on and exacerbate symptoms. Nutrition-wise, it's recommended that patients avoid processed foods and artificial sweeteners, which can cause bloating and gas.

What about IBS?

Irritable bowel syndrome may present with similar (but less severe) symptoms as Crohn's disease or ulcerative colitis, but it doesn't have a genetic predisposition and it doesn't cause inflammation. There's no way to test for it, and it's managed with lifestyle modifications such as diet and stress management.

With any digestive disorder, going gluten-free or incorporating probiotics into your diet may improve symptoms in some cases, but there's no evidence it's actually altering the gut bacteria, Hudesman explains.

"We can't check each patient's gut bacteria and see where there's an imbalance and give them a probiotic for it. That would be the ultimate goal in the future," he says, adding that the IBD Center does research on gut bacteria and how certain dietary supplements affect it.

If you're having symptoms of IBS or Crohn's or colitis, he recommends talking to your doctor or nutritionist first.

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IT'S TRUE, THE EAGLES LOOK EXACTLY LIKE A SUPER BOWL CONTENDER

GLEN MACNOW

OPINION

Glen Macnow has been an outspoken voice in Philly sports for nearly three decades. @realglenmacnow

List the attributes, on paper, of a Super Bowl football team. The Eagles have them all. GETTY IMAGES

If you believe the notion that quarterbacks and defenses win Super Bowls (and you should) the Eagles have a tremendous opportunity.

The QB? I don't need to use more words here to describe how incredible Carson Wentz is. You already know that.

But the defense hasn't received the hoopla it merits. Maybe that's because it has no colorful nickname, a la Gang Green. There's not a likely Hall of Famer on the squad. No one is featured on national ads hawking insurance or inferior pizza.

But as a group, they've steamrolled opponents all season. Consider some of these three stats:

1 Through 11 games, the Eagles have allowed a league low 716 rushing yards, while gaining 1,622 themselves on the ground.

2 Opposition running backs are averaging just 2.9 yards per carry. On Sunday, Chicago's three RBs had 12 carries for minus-five yards.

3 The defense has created 22 turnovers (3rd in the NFL), has allowed opposing offenses to convert just 29 percent on third down (best in the NFL) and hasn't allowed a rushing TD since Cam Newton scrambled in back on Oct. 12.

Oh, and by the way, they allowed one touchdown TOTAL in November. That came in garbage time against the Broncos on Nov. 5.

Going into the season, the secondary was regarded as this team's weak spot. But safeties Malcolm Jenkins and Rodney McLeod are having Pro Bowl years. Patrick Robinson has found new life at slot corner, and green-haired, finger-wagging Jalen Mills has become a top-notch cover man in his second season. And now, Ronald Darby is back.

The linebackers survived the loss of Jordan Hicks — their best player — because Nigel Bradham (the team's leading tackler) never appears to make a dumb play and because Mychal Kendricks has removed himself from the doghouse to become the frenzied tackler we all expected him to be a few years back.

And the defensive line – well, that's the key. Fletcher Cox and Tim Jernigan make for the best tandem of DTs in franchise history. DE Brandon Graham has a career-high seven sacks through 11 games. Rookie Derek Barnett improves every game.

As a group, they're deep, smart, physical and consistent. And, yes, Super Bowl worthy.

Give credit to defensive coordinator Jim Schwartz for devising a brilliant system, but also knowing how to bend that system to get the most out of each player. Schwartz is also a master motivator who chided his players for a week after Dallas' RBs got the best of them. They took it out on Chicago on Sunday.

Also give credit to personnel gurus Howie Roseman and Joe Douglas, who hit blackjack on every move last off-season. They drafted Barnett, traded for Jernigan and Darby, signed veterans Robinson and Chris Long. That's five-for-five by my count.

It's still a long trail to Minneapolis in February. Injuries could still derail this train to euphoria. But the Eagles now have a QB who appears to have the stuff to get you there. And for the first time since, well, 2004, I'd argue they have the defense to do so as well.

Macnow on the Phillies

I'm not sure I buy into the rumor that Chase Utley may come back to the Phillies as a bench coach. And I may be the only person in town who doesn't think it's a good idea.

Utley is a deserved legend of the franchise, an all-time favorite, a player who will get Hall of Fame consideration. His hiring, for any role, would be immensely popular. Which, to a large part, is why I oppose it right now.

New manager Gabe Kapler comes in as an unknown, and someone who has already elicited skepticism because of his thin resume (one season of managing at Class-A), his quirky blog posts (coconut oil) and his odd personal habits (he licks ice cream and then spits it out to avoid the calories).

Inevitably, Kapler will have early down moments as his developing team struggles through losing streaks. And, if Utley is by his side in the dugout, it won't take long for fans to decide that the wrong guy is in charge. Kapler deserves his fair shot. That becomes harder if fans and media are calling for Utley to replace him.

Someday, "The Man" will come home — whether it's to work for the franchise or just get his number retired. But the Phils would be wise to give their new manager some breathing room.

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MACNOW ON THE FLYERS

The Flyers calamity of a season is going unnoticed amid deserved excitement right now over both the Eagles and Sixers. But the orange-and-black have achieved the unthinkable for that franchise — they've become boring and irrelevant.

You can argue there's a dearth of talent, and I wouldn't push back too hard. GM Ron Hextall's last-place roster is too small. Watching a team once known as the Bullies get pushed around the ice has to pain every longtime Flyers fan.

But the biggest sin to me is a lifeless coach who seems strategically inept and sets the expectation bar so low he could win a Caribbean limbo contest.

Dave Hakstol was hired off the North Dakota college campus by GM Ron Hextall with the expectation he would develop young talent. In three years, we've seen none of that.

And now, he's managed to erode this once-proud franchise's ethos that winning is everything. The Flyers lost their seventh straight last Friday, blowing a two-goal lead against the Islanders and losing in overtime. It was demoralizing. But afterward, Hakstol painted on a smiley face and said:

"I think it's seven out of our last 10 that we've gotten at least a point. Five of those are OT or shootout losses. So again today it was a close hockey game all the way through."

That's an insult to every fan in Philadelphia.

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Eagles not playing down to competition despite their cupcake schedule

The Eagles have had an easy stretch of games lately but have looked no less impressive as they've dominated everyone.

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The Eagles' defense has nabbed multiple interceptions in four straight games. GETTY IMAGES

The Eagles have won their last four games by margins of 28, 28, 28 and 23 points. Sure, they've been playing against some of the bottom teams in the NFL, like the 49ers and Bears, but wins, consistently by that margin in the NFL are enough to make some noise in a league that is quick to anoint a top dog.

The Eagles are the 2017 top dogs, having rattled off nine consecutive wins, a 10-1 record and incredible numbers in the stat sheet on both offense and defense.

Opponents beware.

"If I am a defense going against a high-powered offense and they're putting up a lot of points, I am buckling down," Eagles cornerback Jalen Mills said. "You have to play assignment football."

Philadelphia, which has run for 100 or more yards in 10 straight games and scored more than 30 points in five straight, leads the NFL with 351 points, which are the most through 11 games in franchise history.

"It's just playing together," Fletcher Cox said. "All three units — special teams, offense and defense — sticking together and knowing that nobody is going to come here and lay down and give us a win. We have to continue to just build on things that we do during the week and take it out on Sunday."

Two of the tougher tests this season await on the west coast, when the Eagles face first the Seahawks in Seattle and then the Rams in Los Angeles. One encouraging facet of their point output is how dominant they have been with an easier strength of schedule.

"We didn't want to overlook the Bears but we know we have three road teams ahead against good teams, moving forward we will be put to the test," Lane Johnson said after Philly's Week 12 31-3 win over Chicago. "It's really trying to put good stuff on film. We know what we have and what we are capable of. If it's a good team, you want to play the best of your ability but if it's a bad team, you don't want to play down to them."

The Eagles have had no problem playing their best against the Giants and Cowboys this season. Here's hoping they are equipped to play up to the good teams down the stretch.

Eagles' OT Johnson: 'Who has blocked people better than me?'

Lane Johnson was arguably — simultaneously — the Eagles most and least valuable player last season. Most, because when he was active and playing the Eagles were 5-1. And least because he was suspended for the use of PEDs and saw his team go 2-8 without him.

This year he is staying on the field, and according to the man himself, is a sure Pro Bowl pick.

"It's the best football I have played," Johnson said after the Eagles fired off a 31-3 victory against the Bears Sunday. "This year I hope they don't try and deny me. I work my ass off, contrary to what people think. I think I am one of the best in the world."

There is ample evidence for that claim. Johnson is leading the Eagles as they are among the three best teams in rushing in the NFL (Philly ran for 176 yards vs. Chicago) and has protected the Eagles' most valuable asset Carson Wentz from the right side all season long.

He has also been a brick wall against some of the best defensive ends in the NFL week in and week out.

"I think if you look at the guys I've blocked, I've faced the best in the world," Johnson said. "I have Kahlil Mack coming up [in Week 16]. Who has blocked people better than me? I don't want to get gypped out of it."

With the Eagles at 10-1, it would be hard for anyone to keep Johnson and perhaps fellow O-linemen Jason Kelce and Brandon Brooks out of the Pro Bowl this year. And even more impressive, the offensive line has continued to dominate even after losing future Hall of Famer Jason Peters, a nine-time Pro Bowler himself, for the season a few weeks ago.

"I knew if I played to my ability I would be there," Johnson continued. "I have seen people in the past in the Pro Bowl who have not been better than me. I have been my own worst enemy since I got in the league. If I can get out of my own way no one is going to stop me."

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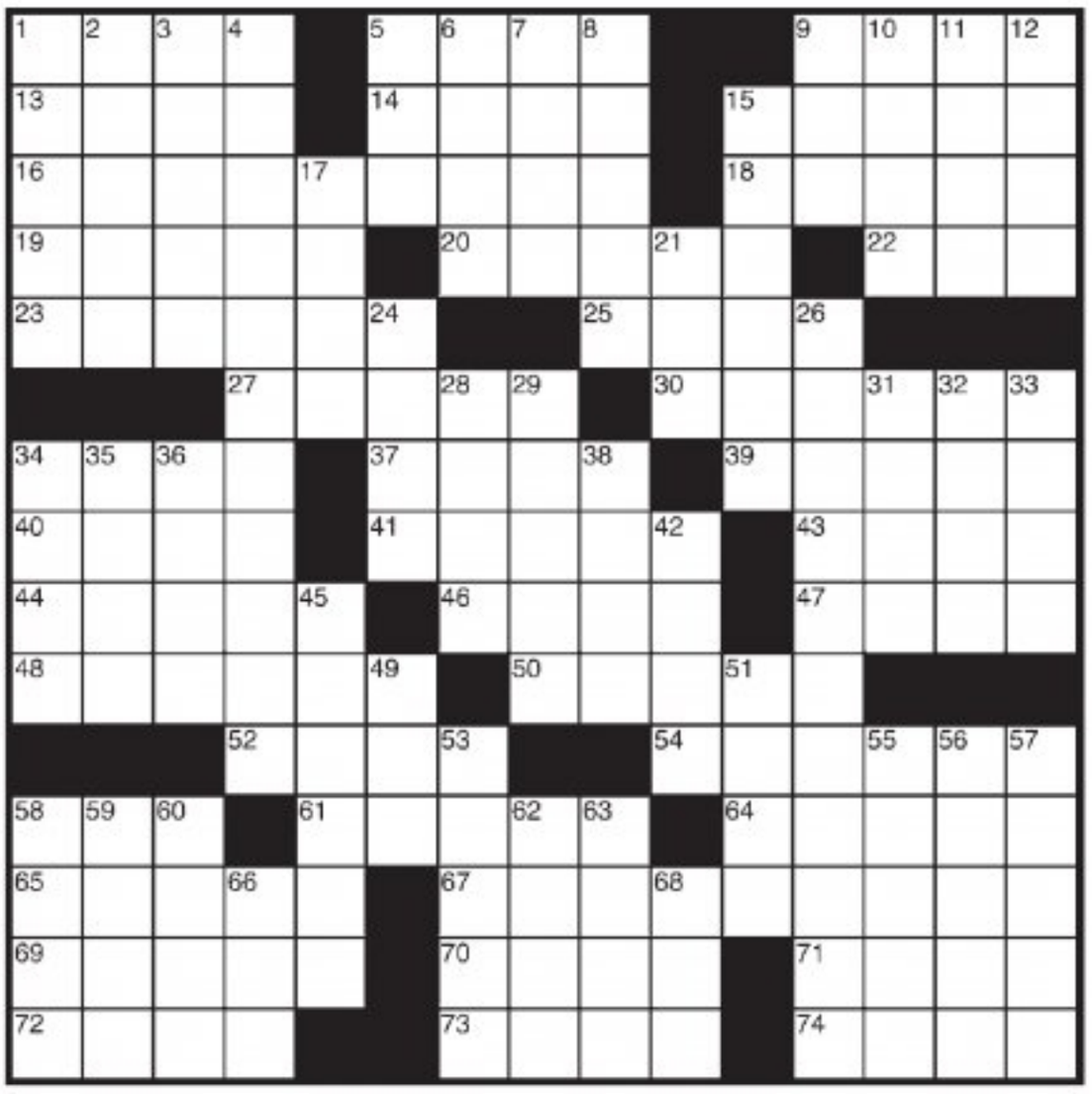
66 Pigskin prop
68 Wow!



metro.us/sudoku

easy

6	7		3			2		
	8	9		4	7			6
					6		1	
5				7			6	
			2		9			
	4			8				5
	2		5					
8			7	3		6	5	
		3			4		8	2

hard

7			4					8
				3		1		
		8		6		2		9
1		7		8	5	9		2
				4				
8		4	9	2		5		3
2		9		7		4		
		1		9				
6					4			7

metro.us/horoscopes

Aries A settlement will turn in your favor. Reach out to the powers-that-be for help if you want to overcome a delay or pitfall you face due to someone's false accusations.

Taurus Keep your plans a secret until you are fully prepared to present what you have to offer. Focus on self-improvements that will encourage you to do your own thing.

Gemini Partnerships need to be handled with compassion, honesty and good will. How you treat others will reflect on your ability to lead. Choose peace and love over sensationalism.

Cancer Stay focused on what's expected of you. You can bring about positive change if you work alongside your peers to build a better environment for those less fortunate.

Leo A business trip, interview, meeting or learning pursuit is featured. Take pride in what you know, and show dedication in what you do.

Virgo Spend more time organizing your personal papers and taking care of matters concerning your domestic life and those you feel responsible for.

Libra Don't let your peers get the better of you. Stay sharp and put emotional situations on the back burner. Use intelligence to help you mastermind your way to the top.

Scorpio Networking events will give you an opportunity to show off what you have to offer. A physical change will be noticed and approved of by someone influential.

Sagittarius Stand up to anyone using blackmail to coerce you into doing things you don't want to do. Stay focused on your health and making personal gains.

Capricorn Don't overreact to unpredictable situations. Discussions will quickly turn into a debate that will leave you in a state of flux. Don't reveal facts that will provoke a dispute.

Aquarius Temptation will be difficult to resist. Do your homework. Know exactly what's being offered and what's expected of you in return.

Pisces Delays while traveling or waiting for an email or parcel can be expected. Use your intuitive insight to guide you in matters concerning health or legal concerns. EUGENIA LAST

Yesterday's answers

W	A	R	N	■	T	O	U	G	H	■	C	U	F	F
O	G	E	E	■	R	U	P	E	E	■	O	S	L	O
L	A	N	G	■	A	T	A	L	L	■	L	E	O	N
F	R	O	L	I	C	■	■	■	E	V	A	D	E	D
■	■	■	E	N	T	H	R	O	N	E	D	■	■	■
A	L	A	C	K	■	A	U	F	■	R	A	C	K	S
L	O	F	T	■	P	R	E	F	A	B	■	H	A	H
B	O	A	S	T	E	D	■	H	O	S	I	E	R	Y
U	S	S	■	A	N	I	M	A	L	■	M	E	A	L
M	E	T	E	R	■	E	O	N	■	E	M	P	T	Y
■	■	■	N	O	T	R	E	D	A	M	E	■	■	■
D	E	A	R	T	H	■	■	■	H	U	R	D	L	E
E	L	S	A	■	I	M	B	U	E	■	S	A	I	L
C	L	A	P	■	G	R	A	T	A	■	E	T	T	A
K	E	N	T	■	H	I	R	E	D	■	S	E	E	N

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Qualified participants receive:

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